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RANCHO SANTIAGO COLLEGE

el Don

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Trustee Enos retires

Board member resigns after 22 years of service

By Roger Denman
el Don News Editor

SANTA ANA CAMPUS - Trustee Carol Enos announced at Monday night's board meeting that she would be resigning from her post after more than 22 years of service to the Rancho Santiago Community College District.

Enos' resignation from the board will take place at the end of this month, when she will also retire from her job as an elementary school instructor at Yorba Middle School in Orange.

Enos had to leave both posts in order to accept early retirement benefit.

Although Enos had decided previously that she would leave the board in June, chronic health problems and the opportunity to gain retirement benefits prompted her to cut short her final year as a trustee.

"I really wanted to serve out my term and wait until the next election (in November) before leaving, but my health condition and the "Golden Handshake" benefits made me decide to leave now," Enos said.

The "Golden Handshake" is a retirement policy that allows for an extra two years of retirement benefits for government employees that are 55 years of age or older and have worked for more than 20 years.

Enos said that her absence from the board will not make much of a difference now.

"Usually the voting is either unanimous or split 4-3. Now those split decisions will be 4-2" she said.

Enos' seat on the board will remain

Please see ENOS, Page 3



RSCCD Trustee Carol Enos

Cigarette machines may go up in smoke

By Shannon D. Eastman
el Don Staff Writer

Lighting up on campus could be a thing of the past, if RSC administrators adopt a policy creating a smoke free campus.

A letter that was written by Al Chavez of the Orange County Hispanic Committee which expressed his concern about the negative impact of smoking in Santa Ana, prompted a staff survey concerning smoking on campus.

Currently, the Rancho Santiago Community College District campus smoking policy prohibits smoking in all buildings. Each campus has designated outside smoking areas.

Nearly 30 percent of the RSC faculty and staff who were polled said there should be a total ban on smoking on all college campuses, according to a survey commissioned by Vivian Blevins, RSC Chancellor.

This past September, staff at all four RSC campuses were surveyed as to their concerns about current campus smoking polices. The results were compiled last month.

Of the 2,340 full-time and part-time staff members, only 1 out of 5 completed the survey. Twenty-three of those were smokers while the others were ex-smokers or non-smokers.



GOT A SMOKE? Joyce DeVries / el Don Photo

Cigarette machines like this one located at the east end of Dunlap Hall could soon be a distant memory if a proposal to ban them is adopted.

Nearly 50 who completed the poll agreed with the current policy.

"I am an ex-smoker," said Sylvia Sellers, RSC staff member, "and I don't think it's fair to smokers. They have a right to smoke."

"We're adults. I feel my rights are being taken," said Joan Lane, RSC staff member.

RSC student Barbara Reed echoed Lane's beliefs about smoker's rights.

"I don't want to have to experience second hand smoke," Reed said. "But I do believe smokers should have an area where they can

Please see SMOKING, Page 3

Applications for 1994 scholarships now available

■ Financial help is being offered to students of all backgrounds

By Bettina Nellen
el Don Staff Writer

SANTA ANA CAMPUS - Students at RSC received nearly $300,000 in scholarships over the past three fiscal years, an amount that could eventually increase if more students applied for them.

"Students do not apply for scholarships," said Stephanie Adams of the RSC scholarship office.

"Scholarships go unawarded because no one applies," she said.

Only 126 students asked for the total of $50,000 in scholarship monies available under RSC's 1993-94 scholarship program.

Many students don't apply for a scholarship because it involves some paperwork, and students prefer concentrating on their studies, said Linnea Nelson, one of two recipients of this year's RSC Speakers Bureau Scholarship.

"At first it looks like a lot [of work], but it's very simple to do the paperwork," said Nelson.

In addition to the misconceived ideas about the paperwork, students don't be-

Please see MONEY, Page 5

■ *CAMPUS NEWS*

Briefly

Study Abroad

The International Universities 14th Annual Program is offering several travel study programs around the world. Students can study languages in France, Germany or Italy this summer. January and year-round programs are also available in Mexico. Information flyers are available from student activities. For further questions call toll-free (800) 547-5678.

Law Requires Flame Retardants

Although it is not a requirement to treat your personal Christmas tree with flame retardant, in many places of public assembly the law does require that Christmas trees be treated with an approved flame retardant. These requirements apply to all churches, theaters, schools, day care centers, nursing homes, hospitals, adult care centers, hotels, stores, retail outlets, common areas of apartment complexes and restaurant and drinking establishments holding more than 50 patrons. Any person placing Christmas trees in any of these listed occupancies must be sure to check for proof of flame retardant treatment. These regulations help ensure that the holiday season is a safe and happy one for all the residents of Orange County.

Student Rush Means Savings

Full-time students with a valid I.D. and proof of registration may purchase tickets for $6 on a rush basis at the L.A. Philharmonic's Music Center Box Office beginning two hours before performance time. Tickets are subject to availability and are limited to one ticket per I.D.

Don We Now...

The Don Bookstore will be buying books back from students beginning Dec. 13-17. Clothing and backpacks will also be on sale for 25 percent off the ticket price. Low prices on collection of "Hurt Books." will also be available.

Jingle Bells

All RSC campuses will be closed over the holidays. Happy Holidays and have a great new year.

Compiled by Shannon D. Eastman

Construction of two new supply buildings to begin this month

By Bettina Nellen
el Don Staff Writer

SANTA ANA CAMPUS - In response to a growing student body, the Johnson Center will expand early next year receiving two storage additions at a cost of about $140,000.

Construction for both additions, a single story extension to the Don bookstore and a new storage area for the food services, should start this month, according to Rhonda Langston, supervisor of auxiliary services. Completion is expected as early as April 1994.

All expenses are covered by the auxiliary services funds, profits derived from the bookstore that were set aside for capital projects over the years.

Because of its locations, in the back of the Johnson Center, the construction sites will have very little impact on students at the campus, said Langston.

The extension to the Don bookstore will add extra needed space to its present storage area and the food supply extension will also alleviate the problem of storing excess food supplies.

Originally built for 14,000 students, facilities are now used by 40,000 students, causing poor working conditions in the cafeteria and the bookstore, according to trustee Charles W. (Pete) Maddox.

"We were worried about students getting hurt. The people were leaning over the books to get something.We just can't run a business like that."

Sharon Wilson
Don bookstore manager

Stephen G. Garcia, vice chancellor of business operations and fiscal services, said the additions are needed for safety reasons and for operating more efficiently.

Dry food and paper goods storage areas on the Santa Ana Campus not only keep supplies for their cafeteria but also for the cafeteria at the Orange Campus. Tony Lee, food service director, is worried about violating health and fire requirements. During the first two months of each semester he has to store some food on the floor in the hallway, he said.

The current main storage area for dry goods, a room with less than 200 square feet, also serves as Lee's office. Squeezed between chocolate bars, cans of food and paper goods, he hardly finds any room for himself, let alone for any assistants. "I don't have a chair for them to sit on," Lee said.

The present storage area lacks air conditioning and an exhaust vent. Inappropriate temperature causes unnecessary spoilage, especially to such goods as chocolate, Lee said.

Sharon Wilson, manager of the Don bookstore, is also concerned about safety.

"We were worried about students getting hurt," Wilson said. "The people were leaning over the books to get something. We just can't run a business like that."

At the beginning of each semester Wilson has to put yellow security tape around the store to make sure students won't fall over stacks of books sitting in the aisles Students will directly benefit from an extension to the bookstore's present storage area. If books are ordered early publishers offer free freight charges "I just jump on things like that because I can pass these savings on to the students, but I need a place to store them 'till we're ready to put them out," she said.

Degrees of Success

BACHELOR OF ARTS
American Studies
Art
Biology
Chemistry
Communications
Criminal Justice
Economics
English and Comparative Literature
European Studies
Film and Television
Health Sciences
History
Languages
Latin American Studies
Legal Studies
Liberal Studies
Movement and Exercise Science
Music
Natural Science
Peace Studies
Philosophy
Physical Science
Political Science
Psychology
Religion
Social Studies of the Environment
Social Studies of Health and Medicine
Sociology
Theatre and Dance

BACHELOR OF FINE ARTS
Art
Film and Television
Theatre and Dance

BACHELOR OF MUSIC
Music

BACHELOR OF SCIENCE
Accounting
Biology
Business Administration
Chemistry
Computer Information Systems
Electronics
Environmental Science
Food Science and Nutrition
Health Sciences
Mathematics
Movement and Exercise Science
Psychology
Special Education
Theatre

MASTER OF ARTS
Art
Counseling
Education
English
Film Studies

MASTER OF BUSINESS ADMINISTRATION

MASTER OF FINE ARTS
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Film & Television Production

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SMOKING:

Continued from page 1

smoke."

"I know it is not good to smoke but we should still have the right to smoke outdoors," said RSC student Thang Do.

One of the concerns about adopting a smoke free campus is how to enforce it. Comments on the survey ranged from "don't try it (banning)" and "enforce a $50 fine for smoking on campus & post signs" to "after 10 citations, suspension for one year (for students)."

Following a discussion of the staff survey, the Coordinating Board, representing the different groups envolved on campus, determined that the RSC cigarette vending machines will be removed, according to Blevins.

The Coordinating Board further directed Liz Harris, RSC dean of Personnel to evaluate current smoking areas on campus.

"We have several designated smoking areas," Harris said, "but they're not well defined. We are currently discussing where are the appropriate places to smoke and what's the appropriate [signs] for the area and identifying them."

Proposals for any changes in the current campus smoking policy, recommended by Harris, will be presented for board discussion for possible action in early January.

According to Harris, the Associated Student Government, the academic senate and the classified senate were all given the survey as long ago as September. The ASG has yet to get any student reaction.

"We are working on a survey but it wouldn't be out until after the first of the year," said Ignacio Muniz, Associated Student Government president.

Students will not be able to voice their opinions until early February, when the surveys are distributed.

College settles lawsuit

By Diana Smith
Special to el Don

A fraternity has won a battle against University of California-Riverside administrators who ordered the Phi Kappa Sigma chapter disbanded for three years after members sported T-shirts that demeaned latinos.

On the advice of university attorneys, UC-Riverside officials decided to settle a lawsuit filed by the fraternity before the case went to court, said Jack Chappell, director of university relations. As part of that settlement, two administrators who ordered the discipline against the fraternity will be briefed by attorneys about recent rulings in the area of free speech.

''People need to realize that the campus is a marketplace of free ideas, and that includes the rotten fruit as well as the good and nourishing food,'' Chappell said. ''Even repulsive expression is protected.''

The dispute arose in September when the fraternity held a membership drive and members donned T-shirts that depicted caricatures of latino men holding beer bottles with the slogan, ''It doesn't matter where you come from as long as you know where you are going.''

University officials decided to act against the fraternity because the T-shirt incident was the last in a series of problems with the fraternity chapter. ''It was like the last straw,'' Chappell said. ''They had been a behavior problem since the mid-1980s. It was treatment by the university as a behavioral problem in a series of behavioral problems.''

Among other things, fraternity members previously had been in trouble for vandalism, drinking on campus, reckless driving of a university vehicle and showing a pornographic film on campus.

Chappell said the university wasn't the first organization to take action against the fraternity, which had been ordered to write letters of apology to the university and other Greek organizations by the national Phi Kappa Sigma organization. Each fraternity member also was ordered to serve 16 hours each of community service in the Hispanic community.

In addition, the campus Interfraternity Council banned the fraternity from rush activities for a year.

However, Assistant Vice Chancellor Vincent Del Pizzo didn't feel the sanctions were strong enough and ordered the fraternity disbanded for three years.

The fraternity's case was taken up by the Individual Rights Foundation of Los Angeles.

The settlement reached Oct. 28 ordered reinstatement of the fraternity and legal sessions on First Amendment issues for Del Pizzo and activities director Kevin Ferguson.

''We're hoping this sends a clear message to university administrators that the First Amendment is not a tool. It's a principle," Maura Whale, a spokeswoman for th foundation, told The Associated Press.

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ENOS:

Continued from page 1

vacant until the board elects a replacement.

The board will begin interviewing applicants on Jan. 25.

The new trustee will be sworn in at the meeting on Monday, Feb. 14, according to Vicki Stevens, secretary to the RSCCD Board of Trustees.

Each member of the board took a few minutes at the meeting to reflect on some of the memories that they had of the time that they served as a trustee with Enos.

"I went to a meeting in Los Angeles when I was first elected to the board of trustees and everytime I told someone that I was from Rancho Santiago they would say that I was with Carol Enos," trustee Michael Ortell said.

"I have always felt that Carol put the interests of the college and the students first," trustee Charles W. (Pete) Maddox said.

Enos had served three times as president of the RSCCD Board of Trustees. Her most recent term was in 1987-88.

She will be honored with a banquet on Jan. 25 at the Orange Hills Restaurant.

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Subject to change, the following is a sample listing of 1994 Winter Session courses:

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GEOG 100	World Regional Geography (3)	GEOL 102	General Geology (3)	HIST 300	The United States Past & Present (3)
GEOG 140	Introduction to Physical Geography (3)	GEOL 104	Geology Laboratory (1)	HSC 4201	International Health (3)
		HIST 110	World Antiquity (3)		

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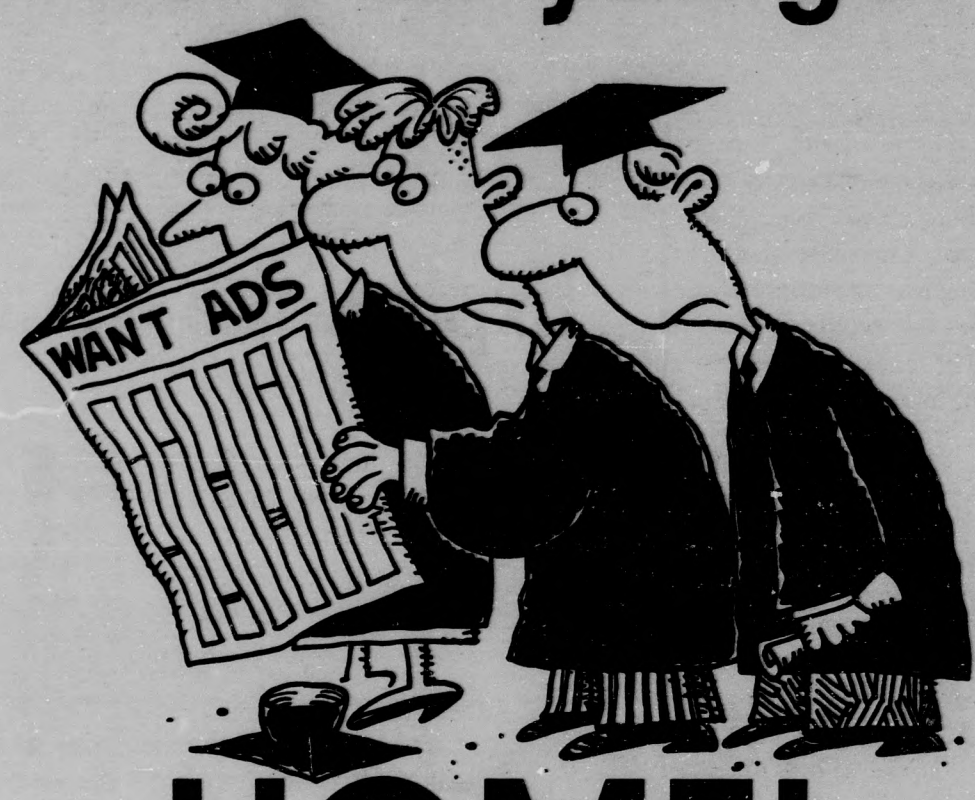
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No job. No money. Where do you go?



HOME!

By John Williams
Special to el Don

A surprise is waiting in store for thousands of college students after they graduate - instead of getting that job they dream about and setting up their own apartment, many find themselves returning home to live.

The members of Generation X have a new tag: the boomerangers.

Many factors play into this scenario, say two Florida State University professors, that are forcing graduating college students to return to the nest. A weak job market and low-paying jobs are among the causes forcing graduates to rethink priorities and goals and perhaps come to a conclusion that it's time to pack up and move back with mom and dad. Or move in with mom. Or dad. Or mom and her boyfriend. Or dad and his companion.

"There's nothing illogical about it, to kind of live off of your parents for a while," said D. Ray Bardill, dean of FSU's School of Social Work. "You're grown, so you can do your own thing. Many families don't find a problem with this at all. Parents inherently want their children to do well. Why should the parents live well and see their children do without?"

It is estimated that a substantial portion - some estimates range up to 40 percent - of the 19 million adults between the ages of 18 and 34 live at home with one or both of their parents. There are no studies that indicate the number of recent college graduates who have returned home, but Bardill and Nicholas Mazza, who also teaches in the School of Social Work, believe the number is high.

Bardill theorizes that the adolescent period of human development, in which parental dependancy is a strong factor, is expanding chronologically. "It's a modeling kind of message that can be unhealthy. As long as you're dependent on your parents, you're dependent on them," he said. "We as a culture have extended adolescence until around 28. That's unfortunate. What we're creating is a dependent society."

What the boomerangers are looking for, Bardill theorizes, is instant material gratification that is nearly impossible for most recent graduates to obtain. "Our society brainwashes us through a barrage of ads that we're failures if we don't keep up with the Joneses and buy the newest and most improved commodities in the marketplace," Bardill said. "Our materialistic mindset begins as very young children and intensifies as we enter adulthood."

This, combined with the fact that the job market is fairly tight right now and is going through some fundamental structural changes, is forcing young adults to make the decision to move home for a while.

There can be several attendant problems involved in this, said Mazza, including the fact that students have been living as independent beings, and returning home can put a crimp in their style. Conversely, their parents may not have been static in their personal growth since Junior left for college, so they may have some big adjustments to make, too. This can include divorce, entering new relationships or a new marriage.

"For the college student returning home, the critical issue is readjustment," Mazza said. "You have a young adult returning home, so perhaps from the student perspective there may be some tendency for the parents to be more involved than he or she would find necessary.

"Clearly returning home from the college student's perspective can be a sense of disappointment and failure, so while the practicality says they may need to return home, emotionally this could be devastating."

The situation doesn't necessarily have to be all bad, he said. "It has the potential to be healthy or unhealthy depending on the circumstances. It can be a temporary solution and still move forward and maintain some element of hope," Mazza said. "It doesn't have to mean that, 'I am indeed a failure' and doesn't have to imply you're a loser. As long as you can maintain a positive sense of direction of your life, it can be healthy."

What about a sense of freedom and independence, and such issues as staying out late and maintaining your love life?

Bardill suggests that the young adult and the parents work out what both sides can live with, but with the caveat that the parents do rule the roost. "Things must be worked out for whatever fits for the family and the young adult," he said. "The minimum one would hope is that they stay out of each

Please see PARENTS, Page 5

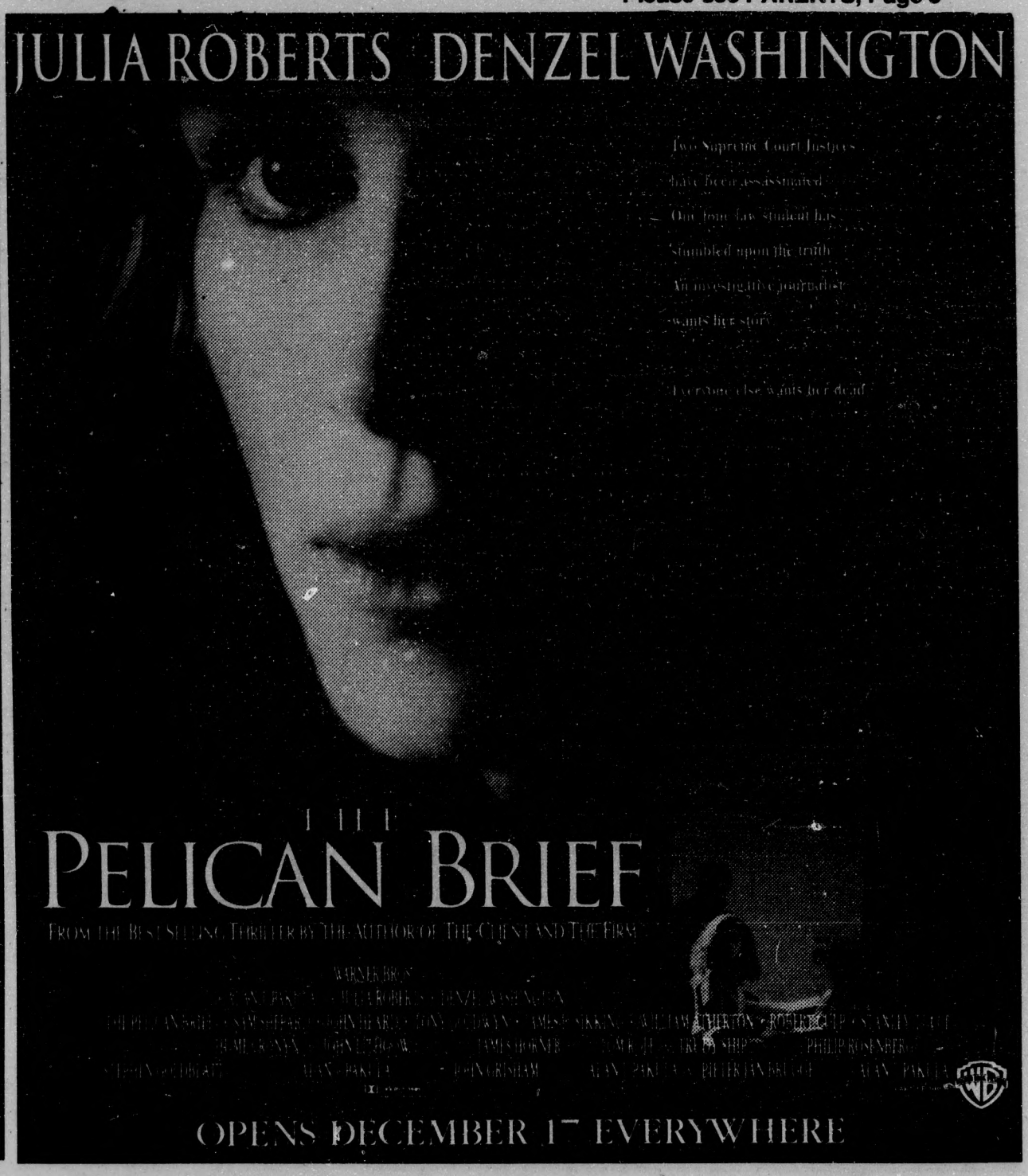
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PARENTS:

"Boomerangers can't afford new cars, big apartments or homes in this economic era of limited job opportunities... So, they seek a slice of their parents' prosperity until they can afford their accustomed way of life."

Continued from page 4
they can set the rules."

Bardill said he got interested in boomerangers when he was asked to present a paper recently at a national conference on the future of the American family. He said he has always been professionally interested in the developmental stages of families, and has been investigating the boomerang stage, or as he calls it, the model of "sending them out and they come back."

He said what he does in education is studies how this phenomenom occurs, and what factors are involved. "It's a cultural dynamic. It is the imperatives of 'more,' driven by the imperatives to have more freedom," he said. "If you want to get to the part to speculate about, consider this: A lot of parents don't feel good about themselves, so they're not willing to let go and let their children grow up."

The issue of returning home can begin on one level such as economic needs and quickly proceed into other familial issues. "Boomerangers can't afford new cars, big apartments or homes in this economic era of limited job opportunities," Bardill said. "So, they seek a slice of their parents' prosperity until they can afford their accustomed way of life."

But there are other hidden issues, too. "The issues are very deep.

Deep down, the graduates know they should be out on their own, but they develop this attitude of, 'I'll sacrifice this so I can buy this,'" he said. "There's a price to pay, but sometimes it's not obvious. Anytime you set yourself up for dependence, you've sold yourself short."

Mazza said a returning college student needs to realize that he or she isn't the only one who has changed in the past four years. "The adults are going through changes and the way they relate to each other. The children can reactivate issues with the parents," he said. "Returning home may make the idea of functioning independently cloudy.

The move back could impair that sense of self. It could affect community relations, friends or lovers. The impact could be felt across their whole world."

The move back home need not be stressful or damaging, both researchers say.

If it does become a problem, they suggest the family seek counseling to get to the roots of what strife is occurring; it could be that the parents want the young adult to move out and don't know how to ask.

"It's important to clarify the rules of the family and what expectations are from both sides," Mazza said. "It's one of the struggles of life hopefully all involved are equipped to handle."

Bardill sees the situation as one that is growing within American culture and is reflected through college students and their parents.

"One big issue is closeness and distance. You have to work in that realm," he said.

"We have created a society in which the dynamic of dependency is gaining momentum, that someone should take care of me. They see it happening with other people, so why not me?"

MONEY: Students are not applying for scholarships

Continued from page 1
lieve they would meet the various requirements, she said.

But, scholarships are not merely awarded to students of academic excellence, said Adams. Many are given on the criteria of a certain major, such as business, engineering, science, music and dance, others are reserved for ethnic minorities.

Some of the scholarship donors intend to support women, disabled students, part-time students or residents of Santa Ana.

"Our donors are a total reflection of our community," said Adams.

"They like to find people that make a match to what they want. The Kiwanis Club looks for residents of the city of Santa Ana who are disadvantaged through income and whose intentions are to come back to serve the community," she said.

"Our objective is to improve society within our community of Santa Ana," said Dr. Raymond Ross from the Santa Ana Kiwanis Club.

Other donors intend to support older students, single parents or students in financial need. But most students are not aware of these criteria.

"We are trying to reach those students and let them know that there are other levels [of scholarships] than academic excellence awards," said Adams.

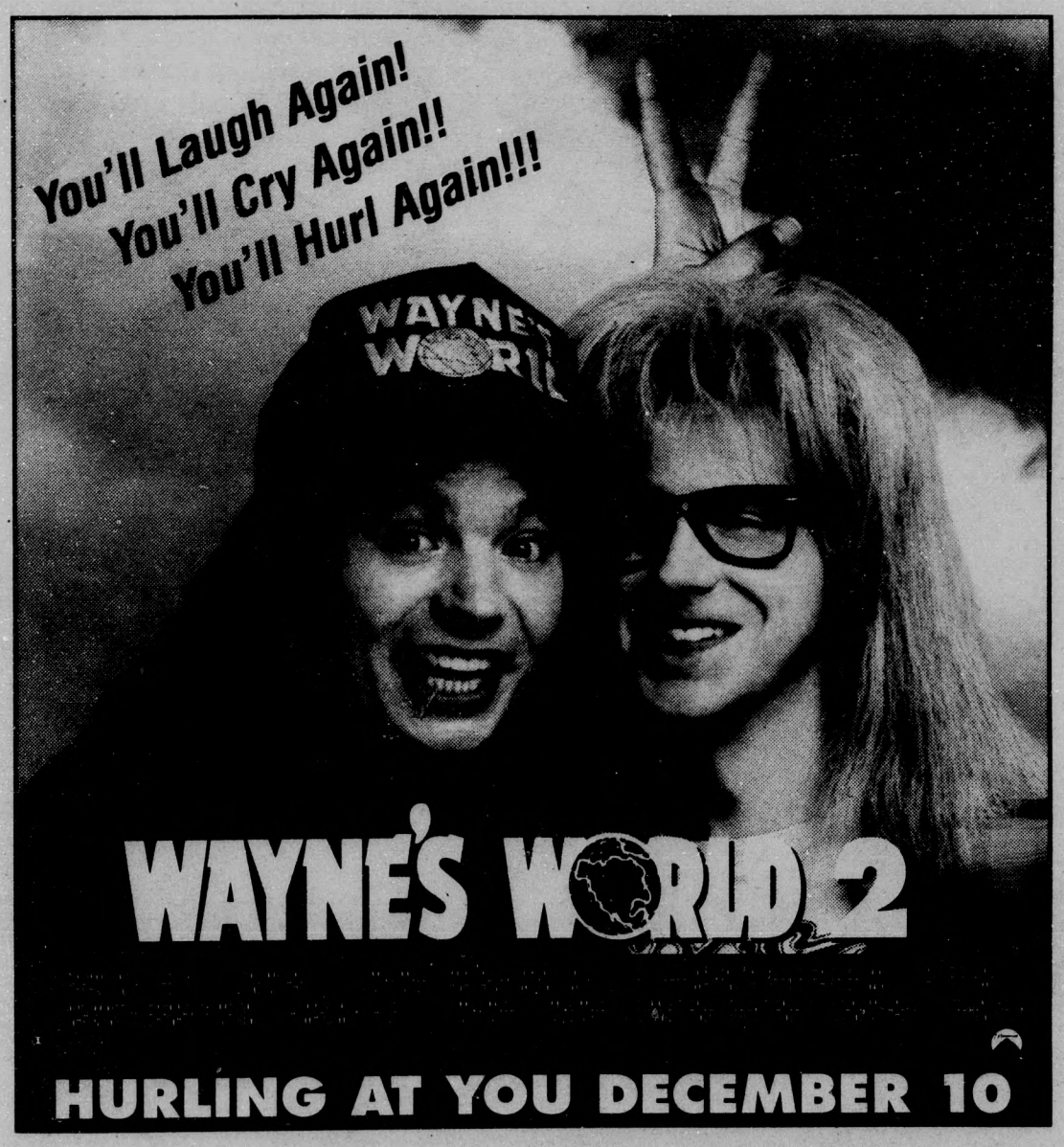
"We could give more scholarship money if we had a bigger applicant base," she said.

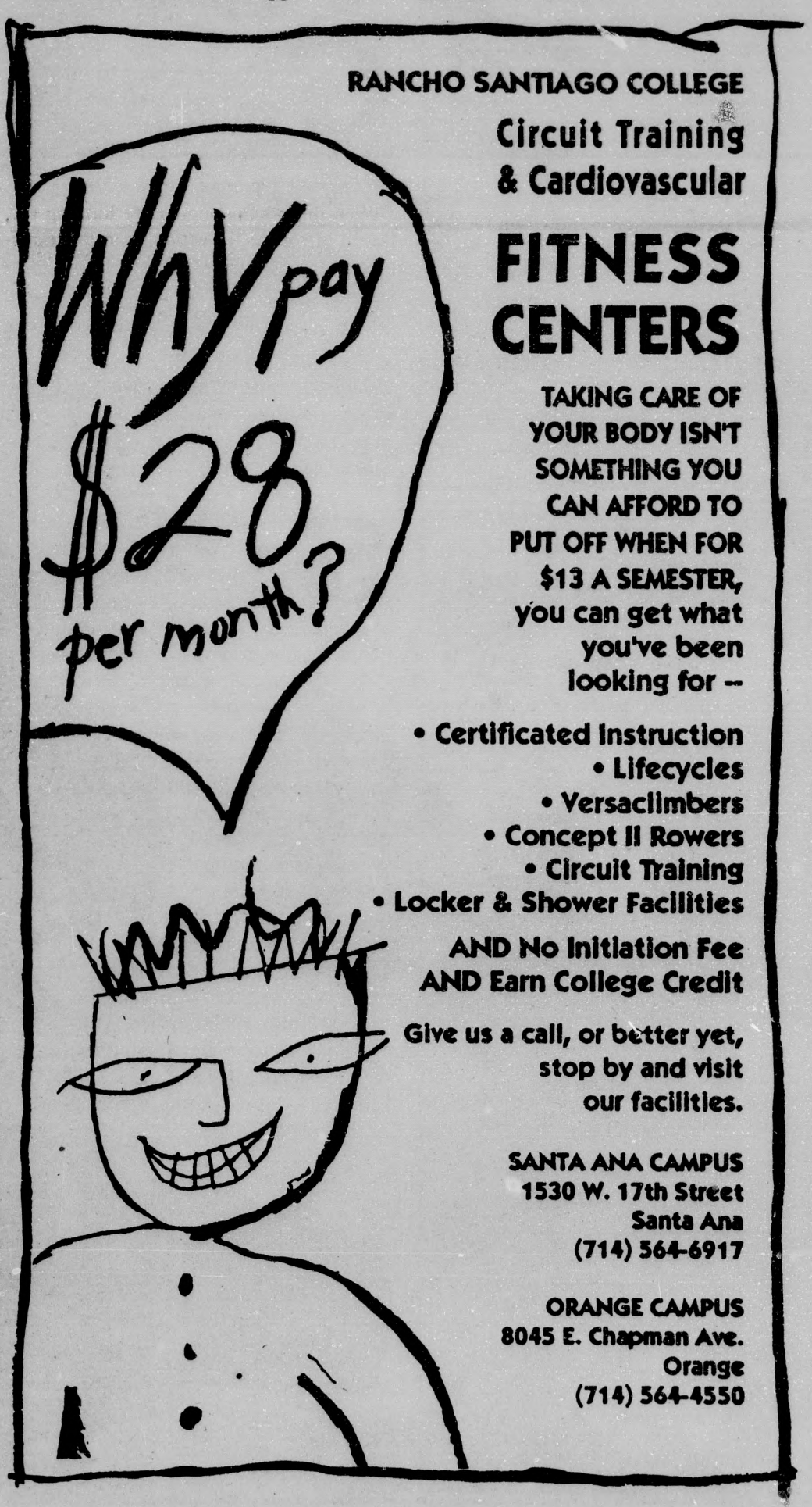
The amount of funds under the Rancho Santiago College scholarship program range from $75 to $4,400.

"The cost of college education is rising and we don't see an end to that. So, I'm sure we're going to continue to be important," Ross said.

The scholarship office strongly encourages students to apply, because the bigger the applicant base the more scholarships can be awarded, said Adams.

Application forms along with a description of the funds available for the 1994-95 academic year can be picked up at the scholarship office in the administration building on the Santa Ana Campus. The deadline is March 1.





Weekly TOP 10

MOVIES
1. MRS. DOUBTFIRE
20th Century Fox
2. ADDAMS FAMILY VALUES
Paramount
3. A PERFECT WORLD
Warner Bros.
4. THE THREE MUSKETEERS
Touchstone
5. CARLITOS WAY
Universal
6. MY LIFE
Columbia
7. WE'RE BACK! A DINOSAUR'S STORY, *Universal*
8. TIM BURTON'S THE NIGHTMARE BEFORE CHRISTMAS, *Touchstone*
9. MANS BEST FRIEND
New Line
10. THE PIANO, *Miramax*

PAPERBACKS
1. MIXED BLESSING
Danielle Steele
2. ALONG CAME A SPIDER
James Patterson
3. DOLORES CLAIBORN
Stephen King
4. THE JOY LUCK CLUB
Amy Tan
5. THE KILLER ANGELS
Michael Shaara
6. INADMISSABLE EVIDENCE
Philip Friedman
7. THE GENERAL'S DAUGHTER
Nelson DeMille
8. RED SQUARE
Martin Cruz Smith
9. POINT OF IMPACT
Stephen Hunter
10. MITIGATING CIRCUMSTANCES
Nancy Taylor Rosenberg

SYNDICATED SHOWS
1. WHEEL OF FORTUNE
ABC
2. JEOPARDY!
ABC
3. STAR TREK: THE NEXT GENERATION, *KCOP*
4. THE OPRAH WINFREY SHOW
ABC
5. STAR TREK: DEEP SPACE NINE
KCOP
6. ENTERTAINMENT TONIGHT
NBC
7. ROSEANNE
ABC
8. WHEEL OF FORTUNE (WEEKEND), *ABC*
9. INSIDE EDITION
NBC
10. MARRIED WITH CHILDREN
FOX

Holiday Traditions

Christmas customs' roots stem as far back as the eighth century.

By Erin Neal
el Don Staff Writer

Through the ages, Christians have come to adopt a myriad of traditions they associate with Christmas. Strings of twinkling lights give homes a luscious glow in the night. Inside, fir trees are draped with ornaments, garland and lights, while poinsettias, mistletoe and mysterious packages are hidden around the house. Children are told the delightful story of a fat man dressed in red velvet who bestows gifts on them if they are good. These traditions, passed from generation to generation and culture to culture have, with few exceptions, become a mainstay in the celebration of the birth of Christ.

Gift giving during the Winter Solstice dates back to the Roman festivals of Saturnalia and Kalends. Originally, the gifts consisted of twigs from a sacred grove as symbols of good luck. The gifts soon became more elaborate. Food, candles, statues of gods, and small pieces of jewelry became standard. These presents, which were called strenae, are still a custom in France and are exchanged in January. To the early church, gift giving was a pagan holdover and therefore frowned upon. But people were not willing to part with the custom. Justification was found in the gift giving of the Magi to the Christ child, and by the late middle ages gift giving was accepted.

St. Nicholas, a catholic saint, was a well-known philanthropist and opened the Christmas season on Dec. 6. But after the Protestant Reformation it became improper to celebrate Catholic saints. However, because St. Nicholas' popularity was so wide spread, tradition could not be abandoned. In a few countries, the name was simply changed while his spirit remained. England developed Father Christmas, Germany invented Weihnachtsmann, and France adopted Pere Noel.

The name Kris Kringle is a popular derivation of the name Christkind, originally the Christ child, later the gift bringing angelic figure of Northern Europe. The Pennsylvania Dutch brought this myth with them to America and by the mid 1800s, Santa Claus had become a bona fide symbol of the Christmas season.

In 1882, Thomas Nest designated the North Pole as Santa's place of residence in his cartoon drawings. The cartoons showed Santa sitting on a box addressed "Christmas Box 1882, St. Nicholas, North Pole." Although Nest never revealed his reason for settling Santa in the North Pole, it was presumed that perhaps Santa's costume was best intended for a cold climate.

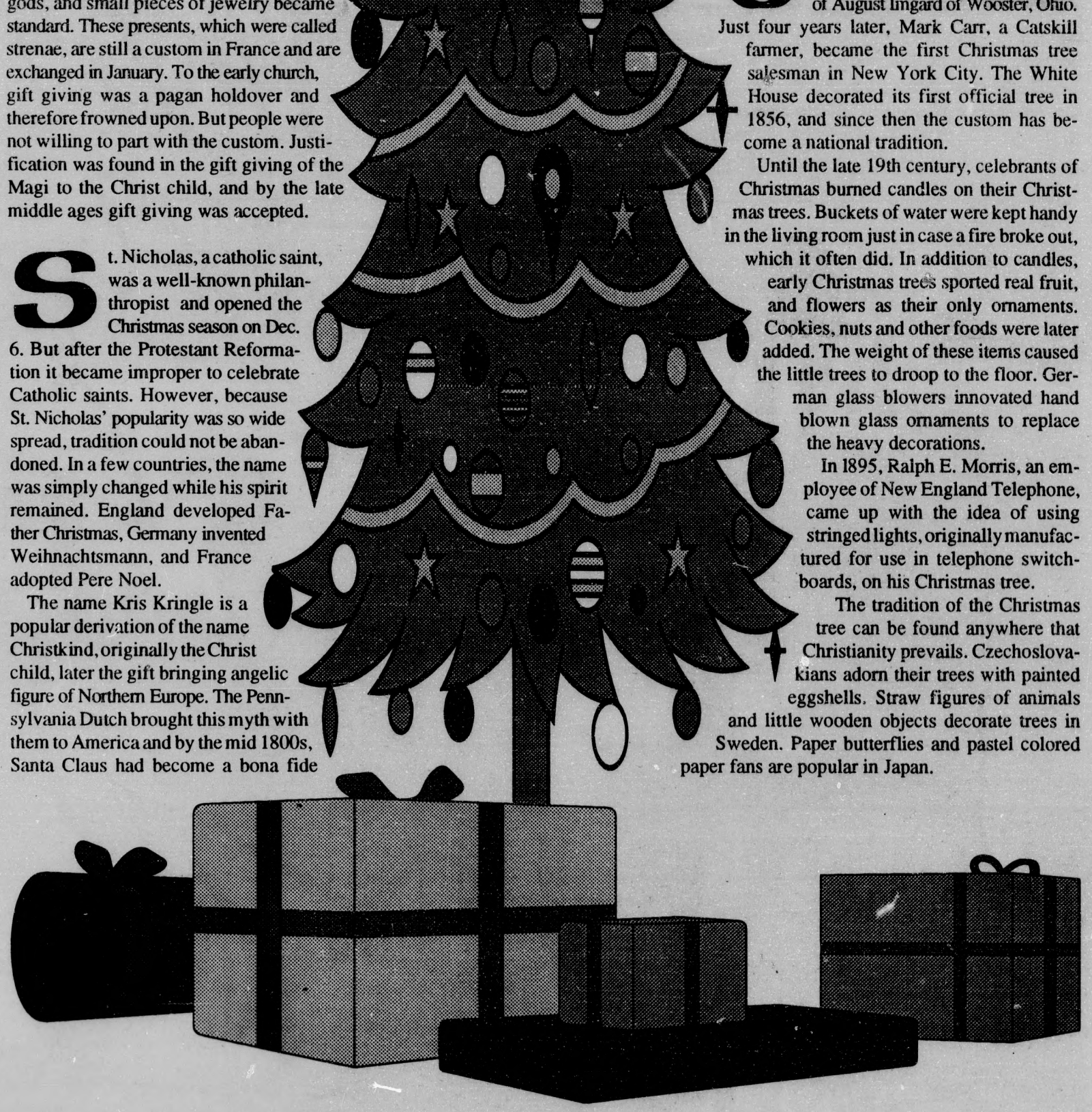
St. Boniface, during the eighth century one Christmas Eve, while attempting to convert some pagan Germans to Christianity, watched in horror as they sacrificed a human at the foot of a sacred oak tree. He seized an ax and struck the tree which was then toppled by wind. The Germans were in awe and converted to Christianity, but felt lost without the symbol of their giant tree. St. Boniface pointed them to a tiny fir tree that had nestled in the roots of the fallen oak and instructed them to take the fir as their new symbol. Christ was the bringer of life, "ever green," and the fir tree became his symbol.

One of the first known Christmas trees erected by an American citizen was in 1847, outside the home of August Imgard of Wooster, Ohio. Just four years later, Mark Carr, a Catskill farmer, became the first Christmas tree salesman in New York City. The White House decorated its first official tree in 1856, and since then the custom has become a national tradition.

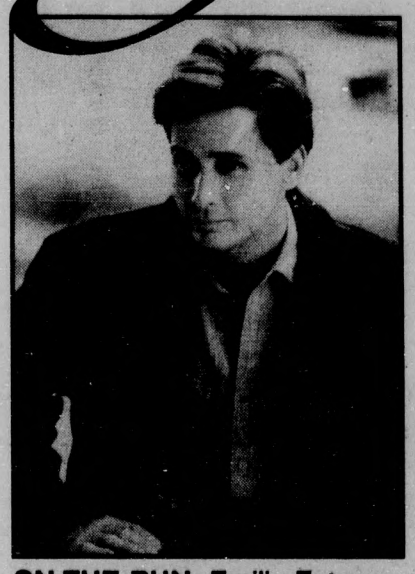
Until the late 19th century, celebrants of Christmas burned candles on their Christmas trees. Buckets of water were kept handy in the living room just in case a fire broke out, which it often did. In addition to candles, early Christmas trees sported real fruit, and flowers as their only ornaments. Cookies, nuts and other foods were later added. The weight of these items caused the little trees to droop to the floor. German glass blowers innovated hand blown glass ornaments to replace the heavy decorations.

In 1895, Ralph E. Morris, an employee of New England Telephone, came up with the idea of using stringed lights, originally manufactured for use in telephone switchboards, on his Christmas tree.

The tradition of the Christmas tree can be found anywhere that Christianity prevails. Czechoslovakians adorn their trees with painted eggshells. Straw figures of animals and little wooden objects decorate trees in Sweden. Paper butterflies and pastel colored paper fans are popular in Japan.



Judgment CD will appease disappointed movie fans



ON THE RUN: Emilio Estevez, Cuba Gooding Jr., Stephen Dorff and Jeremy Piven are chased and terrorized in a deadly game of cat and mouse in the movie "Judgment Night."

By Jason A. Spielfogel
el Don Staff Writer

If you have an appetite for the rap/pop music scene, "Judgment Night: Music From the Motion Picture" should be no problem to digest.

As with a lot of rap lyrics these days, the tracks float around inner city life and in some instances, the violence that can permeate from it.

In the first track, "Just Another Victim" by Helmet & House of Pain, a reference is made of "feelin' like DeNiro in Taxi Driver." This is one of the better tracks on the album, and with the exception of its lack of instruments (all the chord changes are done on a bass guitar), it has a steady consistent sound with intelligent lyrics.

"Disorder" by Slayer & Ice-T is typical for both of these speed metal/rap giants. It is a great combination of intelligent, poetic lyrics with hard, fast lead guitar and rhythm changes. I keep hoping that Ice-T's inclusion of traditional instruments will be felt by other rap artists. My biggest pet peeve with rap is that most artists pay hardly any attention to the music. Ice-T is a revolution to that, and one that I hope catches on.

Other tracks don't fare as well as "Disorder." Sonic Youth & Cypress Hill's "I Love You Mary Jane," contains great lyrics but they are difficult to understand, and combined with only so-so melodies make it one of the poorer tracks. "Real Thing," also by Cypress Hill, but this time combined with alternative giant Pearl Jam, is also hard to understand, and every time I hear the track, I find it harder and harder to find Pearl Jam's influence on the song.

Few people would believe that Tom Petty would contribute to a rap song. Yet, it appears that he has. In "Fallin'" by Teenage Fanclub & De La Soul, it is easy to hear the guitar melodies that were written by the former lead singer of the Heartbreakers. As the title hints, lyrics from Tom Petty's, "Free Fallin'" are sampled in the song. While it works with the other elements in the track, sampling is an inherent weakness in many rap songs and it leads me to question the empirical talent of the artists doing the sampling. Besides all of that, "Fallin'" is a fairly decent slow paced song that compliments the variety of the entire recording and should be considered a relevant part of the soundtrack.

While the overall album is clean, some of its tracks, namely "Another Body Murdered" by Faith No More & Boo-Yaa T.R.I.B.E., and "Come and Die" by Therapy? & Fatal, have some explicit lyrics. There is a parental advisory warning on the front label, and I strongly suggest parents review the album before letting their children sample it.

All told, "Judgment Night: Music From the Motion Picture," has some promising tracks, and some tracks that are destined for greatness. The weak tracks on the album are not bombs, just weak. All of the songs fit the story of the movie, and if you enjoyed the movie at all, then this soundtrack is a must have.

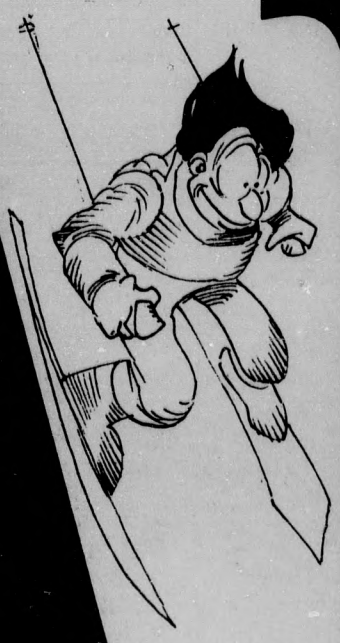


What's kickin' in O.C.



CLUBS

Ski bunnies
For those ski enthusiast there's the Orange County Ski Club which offers bus trips, parties and social gatherings. Call 957-8686 or 960-4200 for times and meeting place.



FLICKS

'Schindler's List'
Steven Spielberg directs this compelling drama based on a true story. It's a story of survival of not only one man but a selected number of Jews during WWII. Check your local listings for times and dates.

JAVA

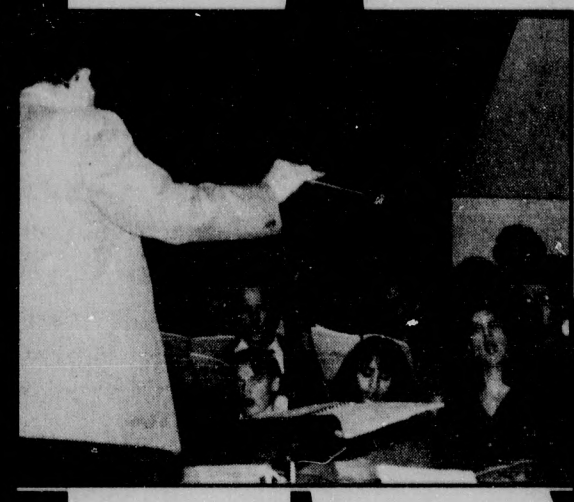
Open debates
If you love to voice your opinion, then check out Cyranos on 7446 E. Chapman Ave., Orange. Every Thursday at 7 p.m. they hold open discussions on current issues.

MUSIC

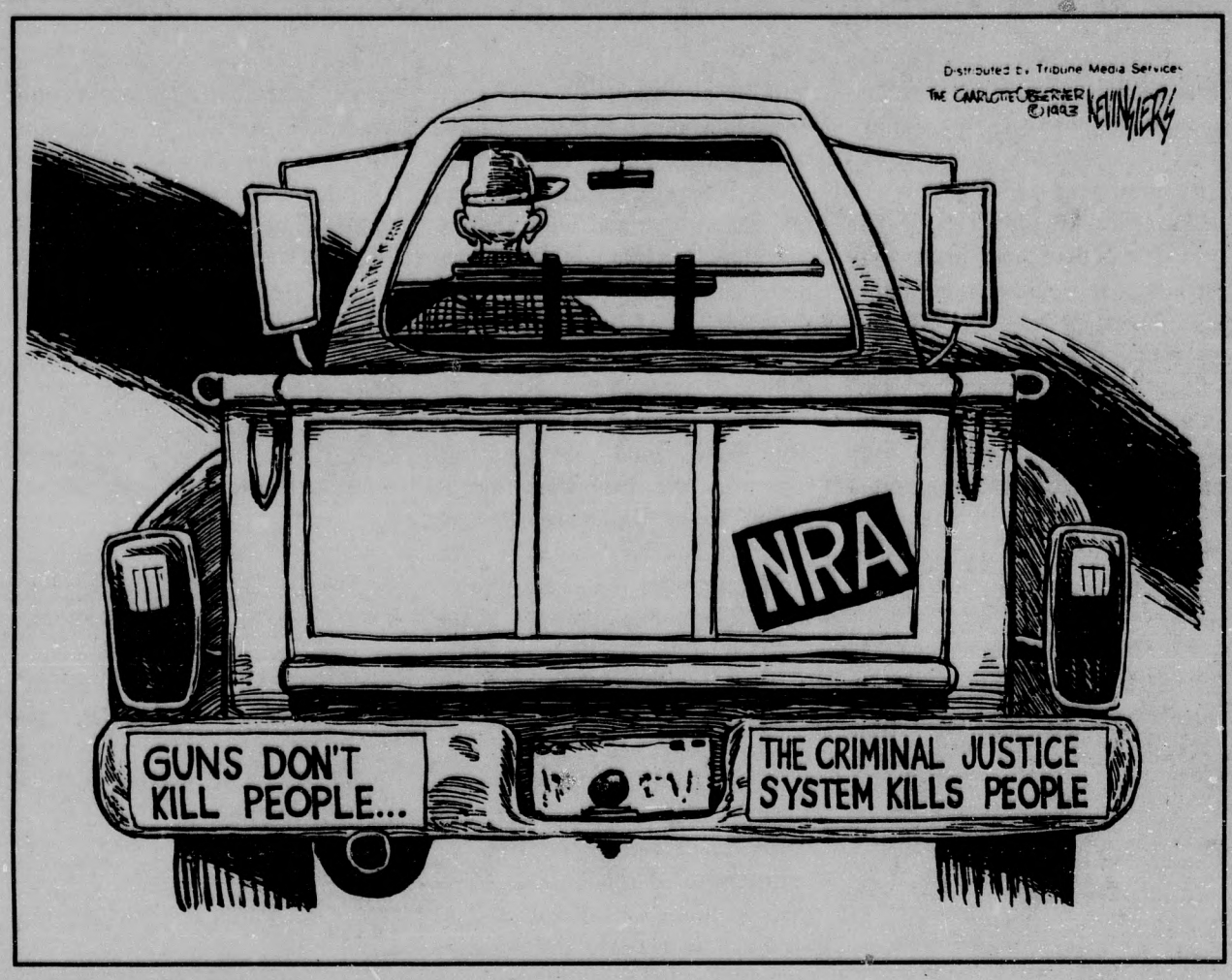
Holiday spirit
RSC's music department presents A Winter Choral Concert on Friday, Dec. 10 at 8 p.m. Eighty five students will sing along with a large brass ensemble and percussion and conducted by Dr. Larry K. Ball. General admission $8; students, seniors and children $6.

SHOP

Unique gift ideas
The Arts Association of Huntington Beach is sponsoring an arts and crafts sale at Old World Village on Dec. 11 from 11 a.m. to 4:30 p.m. For directions call 893-1787.



Opinion



■ Staff Editorials

We're making a list and checking it twice...

It's that time of year again--parking jams at all the shopping centers, the constant "sucking sound" of money flying out of your pockets and the mercury has actually dipped below 50 degrees--in Orange County! The time has come to make your Christmas wish list. We've made ours, but it's a little different than most. Instead of listing presents we want, we're listing presents that we'd like to give...if we only could.

Here they are...in no particular order.

To Ross Perot--elevator shoes and a case of Mexican beer.

To portly radio talk-show host and author Rush Limbaugh--The Jane Fonda Workout library.

To the Rams--Baltimore

To former heavyweight champ Riddick Bowe--an Abdomenizer

To recently "dis-membered" John Wayne Bobbitt--a sewing kit.

To President Clinton--a book of McDonald's gift certificates and a Flowbee.

To Hillary Rodham Clinton--her own country to play with.

To Shannen Doherty--a new zip code.

To firecracker-throwing major leaguer Vince Coleman--a shorter fuse next time.

To the "Hollywood Madam" Heidi Fleiss--concrete gray lingerie (to match her cell).

To nationwide disc jockey Howard Stern--liposuction and a personal trainer.

To Michael Jackson--G.I. Joey.

To Salman Rushdie--a return address

To the Mighty Ducks--next year's Stanley Cup (Yeah right).

To the Angels--Something, anything to help them win!

To rapper Snoop Doggy Dogg--a leash.

To David Letterman--some real late night competition and a dab of Bondo to patch up that damn gap!

To fire victims throughout Orange County--quick insurance settlements and nothing more than light showers throughout the rainy season.

To firefighters--a lot of time sitting around on the job.

To purple dinosaur Barney--extinction

To Beavis and Butthead--refillable lighters (heh-heh, huh-huh).

To Reginald Denny--a brick and a free shot at you-know-who.

To ineffective Governor Pete Wilson--a pink slip.

To recently killed drug lord Pablo Escobar-reincarnation as a drug-sniffing dog for the Drug Enforcement Agency.

To Michael Jordan (who just opened a new golf course)--a sub-par round and a long rest at the 19th hole.

To RSC students--a freeze in tuition rates and their materials fee refunds sometime this century.

Well, that's our list. We hope you enjoyed it. Have an outstanding holiday season and we'll see you next year!

Smokers beware!

■ Cigarette machines to be removed; smoking areas might feel the heat next

By Jason Reed
el Don Opinion Editor

An anti-smoking survey circulated among staff members in September has proven incentive enough for some "coordinating board" to decide to remove cigarette vending machines on campus and assess existing smoking areas.

What I'd like to know first of all is if smoking is still allowed on campus, why are cigarette machines being removed? That's just stupid. Are students too stupid or lazy to walk across the street and buy a pack?

When some students at Orange Coast College put gum under the tables in the cafeteria, administrators there figured something had best be done. They decided that although gum could still be chewed on campus, the student store would no longer be allowed to sell it. DUH!!! Whether it's the board of trustees or the board in charge of smoking surveys and the elimination-of-tobacco-spewing-coin-operated-devices, or whoever wants to ban smoking on campus, leave it alone! Eliminating the machines only causes the school to lose money and inconveniences smokers.

Now, let it be known that as a recently "reformed" smoker, I am opposed to a complete ban on smoking, but I'd bet dollars to doughnuts that most smokers are willing to compromise a great deal.

Many of those surveyed included additional comments that I think are definitely worth sharing. When asked to make suggestions regarding how to enforce a "smoke-free" campus, some replied:

■ "Provide alternative to smoking, i.e. gum, carrot sticks, etc..." (Provide? In what, a vending machine?)

■ "Designate little areas at the end of parking lots with lots of ash trays and breath fresheners." (Only one each please.)

■ "Massive advertising over a long period of time." (no money)

When asked for any other comments:

■ "I have a difficult time trying to be friendly and unbiased to students and co-workers who reek of smoke and cause me to become nauseous." (This doesn't sound like a teacher I'd like to have.)

■ "Non-smoker incentives--longer lunch break once a week or time off paid. (Smoker or non-smoker? Your guess.)

■ "The district should save enough money for the lawsuits." (This one's probably right.)

■ "Violators should be approached by security and given a ticket. Money should be used to reinstate classified positions." (raises too?)

■ And my favorite-"Why don't you leave people alone? The system's blind desire to control scares me more than a smoker."

One of the things that worries me most about this situation is that some "coordinating board" can make a decision without student support. Yes, there may be a token student on the board but can that representative speak for all students on campus? Also it seems that the Associated Student Government knew about the survey since September. As reported in this issue of el Don, Ignacio Muniz, ASG President, said there will be a student survey but it won't be out until after the first of the year. Well guys, let's see... the student survey *might* come out at the beginning of the Spring semester... the coordinating board in charge of taking away personal freedoms has already decided to remove the cigarette machines... Guess what? Students have once again had no say in a matter that directly affects them.

Mailbox Policy

El Don encourages expression of all views. Letters should be brief and to the point. All letters should include your student ID number and may be edited for length and clarity. Letters to *el Don* may be delivered to room C-201, or mailed to RSC *el Don*, Mailbox, 17th at Bristol streets, Santa Ana, CA 92706. Please include your home phone number.

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"Comment is free but facts are sacred."
— C.P. Scott

HELPING HANDS

By College Press Service
Special to el Don

College students are discovering that community service is a great education

TACOMA, Wash. - College students have proved to be a valuable resource for financially strapped social service agencies such as blood banks and rape crisis centers, one Northwest university has discovered.

In return, students who attend the University of Puget Sound gain experience in volunteerism and insight into social problems that prompt some to reconsider academic and career goals.

''They provide services to kids that we don't have the staff or funds to do,'' said Lin Spellman, volunteer services manager at Pierce County Juvenile Court in Tacoma, Wash., one of 80 agencies that enlist the help of students at the University of Puget Sound. ''It's a win-win situation for everyone.''

Spellman said students serve in a range of capacities, including helping jailed juveniles develop reading skills, assisting the investigations of alleged child abuse cases and serving as probation officers.

''It gives them excellent on-the-job experience that is not available in the classroom, especially students going into the legal profession,'' she said.

Bonnie Pinckney, superviser of volunteer services for Tacoma Public Schools, said the student volunteers also make college seem more relevant to the kids they work with.

Social service agencies often send representatives to community service fairs held on campus.

''We've become a clearing-house,'' said Jacki Pearce-Droge, who directs the Community Involvement and Action Center on campus. ''More freshmen are coming here expecting to find volunteer opportunities and more agencies are calling for students.''



When Shay Bright, a senior from Afton, Wyo., was a sophomore, she responded to a flier calling for volunteers for a literacy program on campus. Now she heads that program. Being a volunteer also made her reassess her career goals. She now plans to work with special education students.

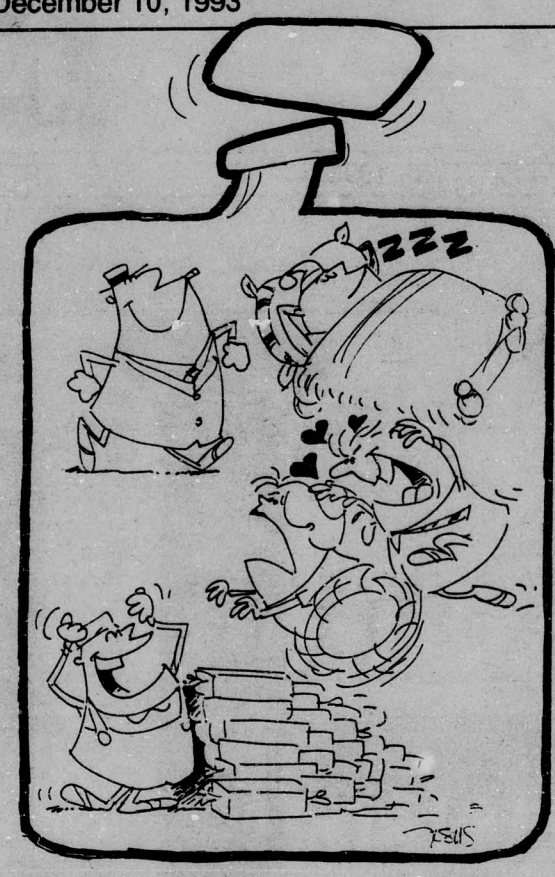
''I've discovered that I have an ability to help others,'' Bright said. ''I had no clue what was out there and what I had to offer.''

For other students, community service reinforces their career goals. Pegge Nelson, who graduated with a sociology degree in 1990, said she benefited from her volunteer work as a tutor and swim instructor. ''It helped me figure out what I wanted to do,'' said Nelson, who leads youth sports at the YMCA in Tacoma.

A recent survey at Puget Sound showed that 14 university courses now require or encourage some form of community service. Recently, 25 faculty members expressed interest in learning how to incorporate community service into their classes.

For instance, students in an occupational therapy class develop projects that fulfill the needs of disabled people. In a nutrition course, students can volunteer at a soup kitchen or food bank for extra credit. In an English course, students connect with a non-profit agency to write feature articles for the agency's newsletter.

Aroma Therapy



Scientific studies have proven that various scents can help us to concentrate better, relax easier and even help in weight reduction. Your nose knows!

By Marjorie Wilson
el Don Staff Writer

The use of certain fragrances has long been recognized as therapeutic. Ancient Egyptians used scents to treat hay fever and nerve disorders, or to alter mood. Before battle, soldiers were rubbed with fragrant oils to stimulate aggression. Now in the '90s, many people are turning to the ancient healing art of aromatherapy to relieve stress.

Aromatherapy is the use of essential oils (the direct source of scent in a plant) for healing purposes, whether applied through the skin or by inhaling the fragrance. Aromatherapy was developed after the French perfumer Jean Gattefosse' spilled a caustic substance on his hand and used lavender oil to dilute it for lack of any water nearby. His hand healed so quickly that he began investigating the properties of other essential oils for their healing effects.

Although modern aromatherapy uses essential oils for external healing purposes, most people use fragrance for its mood altering benefits. There has been some dispute over the actual vs. perceived benefits of aromatherapy. Yet recent studies seem to conclude that scent can affect our ability to concentrate, and that fragrance can stimulate or relax us or affect our behavior in other ways.

To understand how fragrance can affect our behavior, we must understand how the sense of smell works. When we breathe, air is drawn across the olfactory epithelium, two mucus-covered areas at the top of the nasal passage. Approximately 5 million nerve cells extend from the epithelium in 6 to 12 hairlike receptors which pick up odor molecules from the passing air. Unlike other sensory receptors in our bodies, the epithelium directly stimulates the limbic system. The limbic system is the "primal brain"—all other higher brain functions have evolved from this source. This area controls most of our vital functions, including hormone secretion. Thus by inhaling a fragrance, we can trigger certain hormones that relieve stress or pain, or stimulate aggression or sexuality.

Recently researchers have begun to document fragrances' affect on humans. At the University of Cincinnati a study was performed to see if scents could improve concentration and performance during routine work. In one test subjects were required to press a button when a certain pattern appeared on screen. During the 40-minute test, the subjects were given a breath of peppermint, lily-of-the-valley or unscented air through oxygen masks. Those who received the fragrances consistently performed 25 percent better than those who received only unscented air. A repeat of the experiment at Catholic University using only peppermint obtained the same data.

In Japan, fragrance in the workplace is common at Shimizu, Japan's largest architectural, engineering and construction firm. Fragrances are released into air ducts to reduce stress and increase efficiency in workers. At one point, 13 key-punch operators in a single room were monitored eight hours a day for a month. During this time, lavender, jasmine and lemon were released into the room at different times. While lavender was in the air, errors dropped by 21 percent. Jasmine achieved a 33 percent drop and lemon led to a 54 percent drop in errors by workers.

The effect of scent is also being studied in medical settings. During Magnetic Resonance Imaging, an individual must lie in a narrow tube and not move for up to an hour and a half. Some people panic and cannot complete the test, wasting $1,500 and delaying treatment. In order to reduce panic, studies have begun on the use of heliotropine (a vanilla-like fragrance) as a relaxant. A 63 percent reduction in stress was noted in the 85 patients who received the scent compared to a control group.

Not only can fragrance relieve stress and make us more alert, one study concludes that fragrance may help in weight reduction. In the study, individuals in one group were to smell 2-acetylpyridine—similar to Fritos corn chips—when they felt hungry, while a control group received a placebo. Subjects who had normal smelling ability and liked Fritos lost an average 4.17 pounds in four weeks. Placebo sniffers lost an average 1.23 pounds. Researchers are cautious but optimistic about the findings.

Scientific study aside, many people can benefit from the use of fragrance at home. One method is by using an essential oil diluted with either almond, grape seed or any other light oil and massaging it into the skin. Before using any oil directly on your skin, make sure you aren't allergic by rubbing a drop on the inside of your elbow—any adverse reaction should appear within 30 minutes. Another way is to put two or three drops of essential oil in either a bowl of steaming water or your bath water. The aromas released will either invigorate or relax you, depending on the oils you use (see chart). Even store bought scents such as potpourri air freshener or pine scented cleaner can affect you.

Fragrance is everywhere. So often we take it for granted, not realizing how scent can affect our lives. If scents such as heliotropine and apple spice can produce a measured reduction in blood pressure, what do other scents such as paint, gasoline and smog do? Smelling begins with the first breath we take as newborns, and ends with the final exhalation at death. Aromatherapy can improve our lives by using scents to change our responses and by bringing us closer to our neglected sense of smell.

Although not all of these essential oils have been scientifically proven beneficial, aromatherapists have recommended the following list for either a relaxing or stimulating effect. Combine two or three drops of one or more oils with either massage oil or steaming water for the desired effect.

RELAXING

Lavender - relaxant
Chamomile - eases tension; helps relieve insomnia
Rose - eases stress, depression
Pine
Ylang-Ylang - used as sedative and antidepressant
Marjoram
Frankincense - calming
Sandalwood - relieves tension, anxiety; folk reputation as aphrodisiac
Tangerine - encourages sleep, relaxing

STIMULATING

Peppermint - stimulates and cools the skin
Jasmine - eases tension and energizes
Lemon - increases attentiveness
Rosemary - said to relieve muscle stress
Sage - energizing; good for depression
Eucalyptus - stimulates and eases breathing
Rosewood
Juniper - stimulating
Spearmint

Fall Sports Wrap-Up

Dons place second in regionals

■ Niedringhaus, Padgett, Holloway capture titles; six others qualify for state

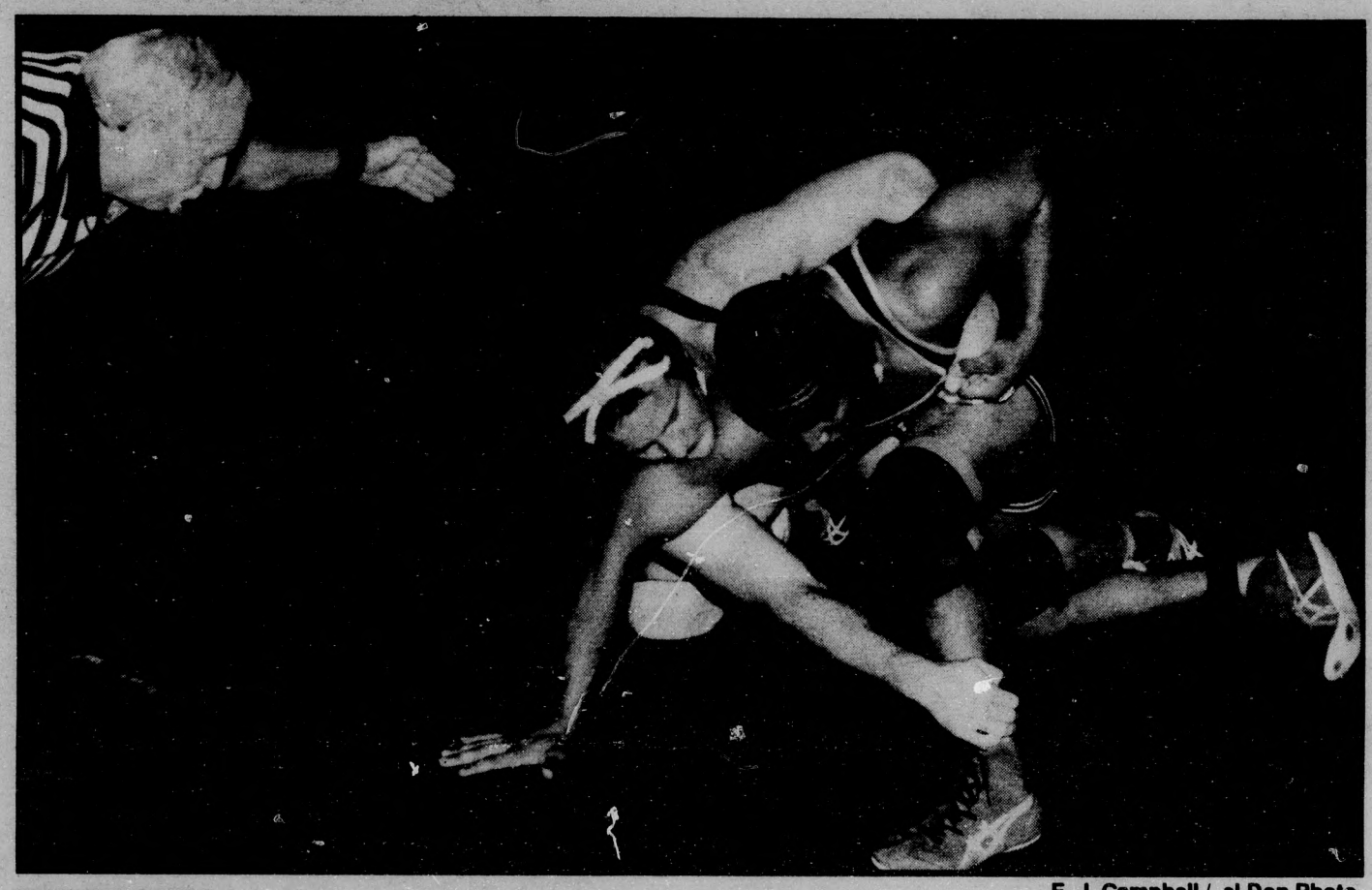
By E.J. Campbell
el Don Staff Writer

GOLDEN WEST COLLEGE - RSC's wrestling team has come through a hard fought season with only one thing in focus, the brass ring.

The Dons completed the first step of their journey by going undefeated in their conference to win the South Coast Championship.

Now, Rancho's quest for the state title moved a step closer on Saturday, as they took home the second place trophy from the Southern California Regional Championships. Conference rival Cerritos, scored 27 points higher than the Dons (122.75) to win the regionals.

In individual competition, Don wrestlers finished in the top three spots in six out of the 10 weight classes. Capturing championships were Shane Holloway (126), David Niedringhaus (134), and Matt Padgett (167). In all, nine RSC wrestlers qualified for the state championships held in Santa Rosa this weekend.



E. J. Campbell / el Don Photo

TAKEDOWN
Dons' wrestler Matt Padgett ties up his opponent on his way to winning the 167 pound championship.

Holloway took control of his championship match early, eventually pinning his opponent from Cerritos in the first round.

Niedringhaus had a little tougher time in his match, escaping with a 5-4 decision against Morel of Palomar.

"I think I wrestled decent, not good enough to win the title, but I'll wrestle tougher at state," he said. "Hopefully all of us peek at the state."

Padgett, who dominated his early matches, came out strong and focused in the final to score a 7-3 victory.

The Dons had a chance to get a fourth championship, however, Nayif Abdullah was pinned in the final of the 177-pound weight class, netting second place. Bobby Campos (118) and Joe Lipps (190) each took third place. Rounding out the state qualifiers are Paul Jaramillo (Hwt) in 6th place, Greg Niedringhaus (150) and Carlos Miranda (158) in 7th.

"Our individuals performed pretty much the way we thought they would," said Coach Gary DeBeaubien. "All three (Holloway, Niedringhaus and Padgett) have been ranked first or second in the state for most of the year."

The toughest struggle this weekend, according to DeBeaubien, is reaching the team's goal of finishing in the top three at state.

"It depends on how everyone is seeded and paired up," he said. "One weak school could have a great individual and knock off one of our guys."

"I think we'll do pretty good," said Padgett. "We have to get everybody focused on this weekend."

FOOTBALL

RSC ends season with 31-27 victory

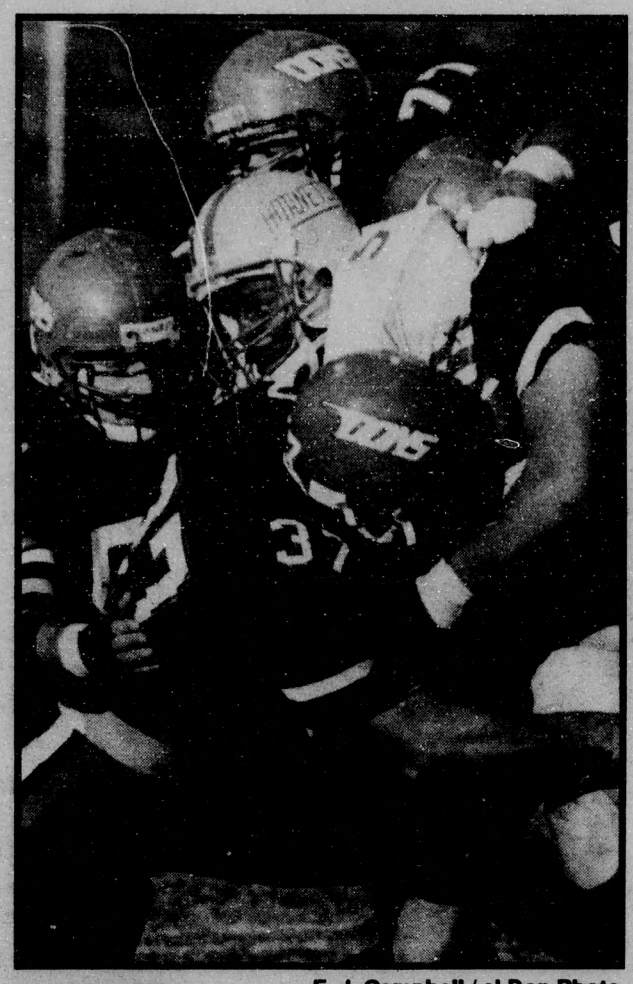
By Mark A. Peinado
el Don Sports Editor

SADDLEBACK FIELD - Their record may not show it, but this year's RSC football team had a very successful season. The Dons finished the season 4-5-1 and 2-3 in the Mission Conference Central Division, good for a third-place tie with Saddleback and Golden West.

Rancho ended the season with a 31-27 victory over the Gauchos at Saddleback College Field in Mission Viejo.

Sophomore running back Donnie Bladow rushed for 99 yards on 15 carries and one touchdown. Quarterback Gabe Garcia passed for 174 yards and scored a rushing touchdown. Place-kicker Brian Nurick became the first punter in school history to average more than 40 yards per season.

"It was good to finish with a victory again this season, which will give our returning players something to work with entering 1994," said Dave Ogas, RSC head coach.



E. J. Campbell / el Don Photo

CRUNCH!
RSC defensive players swarm a Hornet runner during their victory over Fullerton 41-35.

Bladow finished the season as the Dons' top rusher with 920 yards and second in scoring with 54 points. Garcia ended the year with 1,658 yards passing and 15 TD passes falling short of the single-season touchdown passing record by one.

WOMEN'S VOLLEYBALL

Lady Dons finish fifth in conference

■ Farina and Parks get post season honors

By Bettina Nellen
el Don Staff Writer

SANTA ANA CAMPUS - RSC's women's volleyball team finished fifth in the 1993 season, going 4-8 in the Orange Empire Conference and 7-10 overall.

"Our league was pretty tough," said head coach Fran Cummings who was honored as Coach of the Year in 1993. "Finishing fifth was good for us. For Rancho, I think it was outstanding."

The Dons hadn't won a single conference match since 1988 but won four this season. "They were a nice, hard-working group of girls that improved a lot," Cummings said.

Team captain and setter Kathy Farina and outside hitter Brenda Parks, both freshmen, were honored second team at the all conference.

Parks headed Rancho in the all conference statistics for digs (2nd), kills (4th) and aces (5th) per game. Farina led the Dons for hitting percentage and blocks, ranking 12th in both.

In addition, Farina was honored by her teammates as "Most Valuable Player." Michelle Cornette and Alex Whitman were elected "Most Improved Player" and Nia Jones won the Coach's Award.

Kathy Farina, Brenda Parks, Michelle Cornette, Keryn Oliver, Jennifer Brannon and Lacey Johnson will be back for next year's season. Alex Whitman, Jackie Lyen, Nia Jones and Jannet Ramirez have used up their eligibility and will go on to four-year schools.

"We had a great group on this year's team and we have a great group lined up to return for next year," Cummings said.

Fall Sports Wrap-Up

WATER POLO

Dons end season with best record in years

Yorba, Gonzalez and Cerasoula are named to first team all-conference

By Brian Copeland
el Don Staff Writer

Although the Dons swam short of reaching the state championships, they did achieve and enjoy a victorious fall season with a final record of 22-10-2.

Rancho finished third in the Orange Empire College behind Grossmont College and Orange Coast College. Jeremy Yorba was named first team All-American as one of the top water polo players in the state of California. Mike Gonzalez, Tom Cerasoula and Yorba made first team all-OEC. Gonzalez made all-Southern California. Josh Routon and Brad Bracha were also named second team all-OEC.

"We had good kids to coach which enabled us to have our the best record in six years," said Bob Gaughran Sr., RSC head coach.

The Dons will be losing Yorba and Routon to four-year schools but coach Gaughran feels that next year's team will have a very good season.

CROSS COUNTRY

Runners finish eighth in state

■ Coach receives top honor; Perez named All-American

By Bernie Sanders, Jr.
el Don Staff Writer

RSC's cross country team completed one of its best seasons in recent history with a second place conference finish by both men's and women's teams making it to the State Finals. These accomplishments were the key ingredients to Coach Mark Ochoa winning conference Coach of the Year honors in his first season with the Dons.

The women's team placed 14th out of a field of 28 teams at the State Finals. The women were led by Sonia Perez who came in 19th place with a time of 19:24. Perez's performance propelled her to All American status, which only 25 runners out of the State receive. Perez was chosen as a one of the members of the All Conference team earlier in the season.

The men's team finished a great season, placing eighth at the State Finals. Fidel Zavala lead the team, finishing 29th with a time of 20:34. Zavala had a very impressive season anchoring the Don's. Zavala, Franciso Vazquez and Jorge Franciso were all named to the All Conference Orange Empire team.

Predicted to come in fourth or fifth at the beginning of the season, the Dons really turned up the heat on the competition taking first place three times and second twice, out of seven meets. Two of the first place finishes were invitationals, in which 20 to 30 teams from all over California and Arizona compete.

The Don's also managed one of the biggest upsets in the past decade by beating Riverside, who had not lost a conference meet in six years.

Coach Ochoa's reaction to winning Coach of the Year was, "It's a great honor but I didn't win it by myself. I had a lot of help from Coach Siddons."

The teams are losing a lot of the veteran runners that helped propel them to the finals. But with freshmen like Thania Cruz and Franciso Vazquez returning, Coach Ochoa said, "With the proper training and consistency we can have a better team next year."

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